

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

Volume 22 Number 4

Old-Fashioned Grilled Hamburgers Orange Julius Baked Chicken Nuggets Fruit Parfait

Old-Fashioned Grilled Hamburgers (Summer's coming—let's cook burgers on the grill.)

1 pound lean ground beef
1 egg
2 tablespoons finely chopped onion
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 tablespoons prepared barbecue sauce
4 hamburger buns
4 slices lettuce, tomato and/or cheese (optional)



1. Combine the ground beef, egg, onion, salt, pepper and barbecue sauce. Mix well and shape into four patties.
2. Place patties on the grill at a medium heat. Brush frequently with additional barbecue sauce.
3. Grill until the hamburgers are done (160 degrees with a meat thermometer).
4. For each sandwich, top your burger as desired with a tomato slice, lettuce leaves, and/or a slice of cheese.

Nutrition Note: This recipe makes 4 hamburgers. Each plain hamburger has 340 calories with 35% of calories coming from fat, and 25 grams of carbohydrates.



Eating Together

Over dinner discuss where would you like to go on vacation as a family—and why you would like to go there.



Orange Julius (Just like at the mall.)

1 can (6 ounces) frozen orange juice
1 cup water
1 cup skim milk
1/3 cup sugar
1 teaspoon vanilla
12 ice cubes



1. Put everything into a blender and mix well.
2. Makes 3 glasses.

Nutrition Note: This recipe makes 3 servings. Each serving has 120 calories with 0% of calories coming from fat, and 26 grams of carbohydrates.

Breastfeeding:
Breastfeeding makes your baby smarter. Human breast milk enhances brain development and improves cognitive development in ways that formula cannot.



Baked Chicken Nuggets (Easy and just as good.)

1½ pounds chicken thighs or breasts
3 cups cornflakes, or enough to make 1 cup cornflake crumbs
1 teaspoon paprika
½ teaspoon Italian seasoning
¼ teaspoon garlic powder
¼ teaspoon onion powder

1. Preheat oven to 400 degrees. Lightly spray a baking sheet with cooking spray.
2. Remove skin and bones from the chicken. Cut into bite-size pieces.
3. Place cornflakes in a plastic bag and crush with a rolling pin or a can.
4. Add spices and seasonings to cereal crumbs, close bag and shake until blended.
5. Put a few chicken pieces at a time into the bag and shake to coat evenly.
6. Place on a lightly greased cooking sheet so pieces are not touching.
7. Bake until golden brown, about 12 to 14 minutes.

Nutrition Note: This recipe makes 6 servings. Each serving has 160 calories with 19% of calories coming from fat, and 5 grams of carbohydrates.

Fruit Parfait (Make fruit 'n' yogurt.)

Fruit salad:

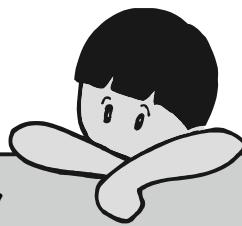
- 1 apple, chopped
- 1 banana, sliced
- 1 orange, peeled and sliced OR one can (11 ounces) mandarin oranges
- 1 small can pineapple chunks, drained



Nonfat vanilla yogurt
Grape Nuts

1. Layer fruit salad and yogurt into a bowl.
2. Sprinkle with Grape Nuts. Serve with toast.

Nutrition Note: A parfait will have about 95 calories with about 4% of calories from fat.



Turn Off the TV

Make homemade instruments with pots and spoons (bang), dry beans in jars (shake), 2 saucepan lids (bang), etc., then march your "band" around the house.

Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children

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